

Influenza Vaccine

Persons with diabetes (types 1 and 2) are considered high-risk for severe complications if they contract the influenza (flu) virus and are six times more likely to be hospitalized with flu complications. Persons with diabetes who are 65 years-old or older, are at risk for dying from the influenza virus. Thus, all persons with diabetes are encouraged to receive annual influenza vaccines. This is because diabetes can make the immune system less able to fight severe influenza, and illness can also raise your blood sugar.

Vaccinations are the best protection against the flu. Persons with diabetes **should not** get the nasal spray vaccine. Everyday precautions should also be taken to protect against the flu, such as routine handwashing.

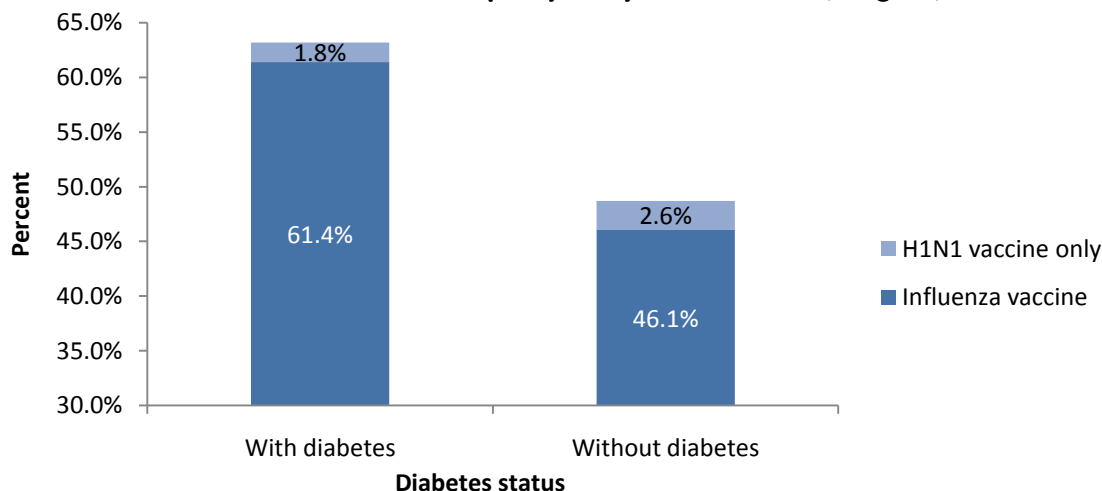
In Virginia in 2010, 63.2% of adults with diabetes received an annual flu vaccine.

Percent of adult Virginians with diabetes who received a flu vaccine in the past year*

1999	2001	2002	2003	2004	2005	2006	2007	2008	2009
53.5%	52.2%	51.1%	49.5%	48.7%	48.8%	53.6%	57.0%	59.6%	58.5%

Data notes: Percents are weighted based on 2000 U.S. Census data and age-adjusted. Three-year rolling averages were used to improve the accuracy of annual estimates. For example, the 2002 estimate is an average of data from 2001, 2002, and 2003. Two years of data were used when three were not available.

Adults who received a flu vaccine in the past year by diabetes status, Virginia, 2010



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2009.

Data notes: Percents are weighted based on demographic and household characteristics, but not age-adjusted.

"Influenza vaccine" includes persons who received an H1N1 vaccine along with a seasonal flu vaccine.

Healthy People 2020 Objective: (IID-12) Increase the proportion of high-risk adults who are vaccinated annually against seasonal influenza to 90% (80% for all adults ages 18-64; 90% for all adults age 65 and older).

American Diabetes Association Recommendation: Recommend a flu shot every year.

Sources: CDC Diabetes Indicators and Data Source Internet Tool, accessed 5/2011; BRFSS, 2001-2010; Centers for Disease Control and Prevention: [Seasonal Influenza \(Flu\)](http://www.cdc.gov/flu/diabetes); www.cdc.gov/flu/diabetes; American Diabetes Association: [Flu & Pneumonia Shots](http://www.diabetes.org); www.diabetes.org.

Updated by the Virginia Department of Health, Office of Family Health Services, Diabetes Prevention and Control Project on 7/2011. For more information, visit <http://www.vahealth.org/cdpc/diabetes/>.